## Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Adult Swim	Adult Swim	<b>Adult Swim</b>	Adult Swim	Adult Swim
12:00-12:45	12:00-12:45	12:00-12:45	12:00-12:45	12:00-12:45
18+	18+	18+	18+	18+
6-Max	6-Max	6-Max	6-Max	6-Max
Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim
1:00—1:45	1:00—1:45	1:00—1:45	1:00—1:45	1:00—1:45
18+	18+	18+	18+	18+
6-Max	6-Max	6-Max	6-Max	6-Max
Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim
2:00-2:45	2:00-2:45	2:00-2:45	2:00-2:45	2:00-2:45
18+	18+	18+	18+	18+
6 Max	6 Max	6 Max	6 Max	6 Max
Youth Swim	Youth Swim	Youth Swim	Youth Swim	Youth Swim
3:00-3:45	3:00-3:45	3:00-3:45	3:00-3:45	3:00-3:45
8-17	8-17	8-17	8-17	8-17
6-Max	6-Max	6-Max	6-Max	6-Max
Youth Swim	Youth Swim	Youth Swim	Youth Swim	Youth Swim
4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45
8-17	8-17	8-17	8-17	8-17
6-Max	6-Max	6-Max	6-Max	6-Max
<b>Adult Swim</b> 6:00-7:15 6-Max	<b>Adult Swim</b> 6:00-7:15 6-Max	<b>Adult Swim</b> 6:00-7:15 6-Max	<b>Adult Swim</b> 6:00-7:15 6-Max	<b>Adult Swim</b> 6:00-7:15 6-Max

## Non-Traditional & Low Organized Activities

<u>Program</u>	<u>Days</u>	<u>Times</u>	<u>Ages</u>
Weight Room	Monday - Friday	12-1pm 2-3pm 4-5pm 6-7pm	18+
Zuumba/Dance	Mon-Wed-Fri	3 pm-7:30pm	18+

## Mask Permitted In Weight Room!!

Schedule subject to change without prior notice.



## Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Basketball	Basketball	Basketball	Basketball	Basketball
Independent	Independent	Independent	independent	Independent
workout	workout	workout	workout	workout
(18+)	(18+)	(18+)	(18+)	(18+)
12:00-12:45	12:00-12:45	12:00-12:45	12:00-12:45	12:00-12:45
2-Max	2-Max	2-Max	2-Max	2-Max
Basketball	Basketball	Basketball	Basketball	Basketball
Independent	Independent	Independent	Independent	Independent
workout	workout	workout	workout	workout
(18+)	(18+)	(18+)	(18+)	(18+)
1:15– 2:00	1:15- 2:00	1:15- 2:00	1:15- 2:00	1:15- 2:00
2-Max	2-Max	2-Max	2-Max	2-Max
Basketball	Basketball	Basketball	Basketball	Basketball
Independent	Independent	Independent	Independent	Independent
Workout	Workout	Workout	Workout	Workout
(18+)	(18+)	(18+)	(18+)	(18+)
2:30– 3:15	2:30– 3:15	2:30– 3:15	2:30– 3:15	2:30– 3:15
Basket ball Skill/ Drills (8-17) 3:45-4:30 4 max	Volleyball (8—12) 3:45– 4:30 2-Max	Independent Basketball Workouts 3:45—4:30 2-Max	Volleyball (8—12) 3:45-4:30 2-Max	Independent Basketball Workouts 3:45—4:30 2-Max
Basketball	Volleyball	Jr Corn Hole	<b>Volleyball</b> (13—17) 5pm - 5:45 2-Max	Jr Corn Hole
Skills/Drills	(13—17)	(12-14)		(12-14)
(8-17)	5pm-5:45	5:00-5:45		5:00-4:45
5pm-5:45	2-Max	2-Max		2-Max
Basketball Skills/ Drills (8-17) 6:15-7:00	Basketball Skills/Drills (8-17) 6:15-7:00 2 max	Corn Hole (15-17) 6:15-7:00 2-Max	Basketball Skills/Drills (8-17) 6:15 –7:00 2 Max	Corn Hole (15-17) 6:15-7:00 2-Max